

DINNERLY



One-Pan Chicken and Tomato Risoni with Green Beans



35 minutes



2 Servings

Save on the washing up with this one-pan wonder. With Tuscan-seasoned chicken, tender green beans and the rice-look-alike pasta, risoni, it's sure to satisfy the tastebuds too!

WHAT WE SEND

- 150g green beans
- 1 onion
- free-range chicken thigh fillets
- 10g Tuscan seasoning ¹⁷
- 200g risoni pasta ¹
- 200g tomato passata

WHAT YOU NEED

- 2 garlic cloves
- 1½ tbs olive oil
- 1½ tbs tomato paste
- 1 tsp sugar

TOOLS

- medium deep frypan with lid

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 770kcal, Fat 23.6g, Carbs 89.7g, Proteins 43.6g



1. Prep ingredients

Trim the **beans** and cut into thirds. Thinly slice the **onion**. Crush or finely chop **2 garlic cloves**. Cut the **chicken** into 3cm chunks. Put the chicken and **half the Tuscan seasoning** in a bowl. Season with **salt and pepper** and toss to coat.



2. Cook chicken

Heat **1 tbs olive oil** in a medium deep frypan over medium-high heat. Cook the **chicken**, stirring, for 2-3 mins until browned and cooked through. Remove from the pan.



3. Soften onion

Heat **2 tsp olive oil** in the same pan over medium heat. Cook the **onion** and **garlic**, stirring, for 3 mins or until softened. Add the **risoni** and **remaining Tuscan seasoning** and cook, stirring, for 1-2 mins until the risoni is well coated.



4. Simmer risoni

Add the **passata**, **1½ tbs tomato paste**, **1 tsp sugar** and **180ml (¾ cup) water** to the pan and bring to the boil. Reduce the heat to medium-low, cover and cook for 8 mins or until the liquid is almost absorbed and the risoni is tender. Taste, then season with **salt and pepper**.



5. Serve up

Add the **beans**, **chicken** and any resting juices to the pan and cook, covered, for 2 mins or until the beans are tender but still with crunch. Remove the pan from the heat and stand, covered, for 5 mins. Taste, then season with **salt and pepper**. Divide the **chicken risoni** among bowls and enjoy!



6. Make it yours

Add some cheese – it's sure to please! If you have any parmesan or cheddar in the fridge, grate it and scatter over the chicken risoni, or serve in a bowl at the table for everyone to help themselves.